

Leicester Sharks CSC

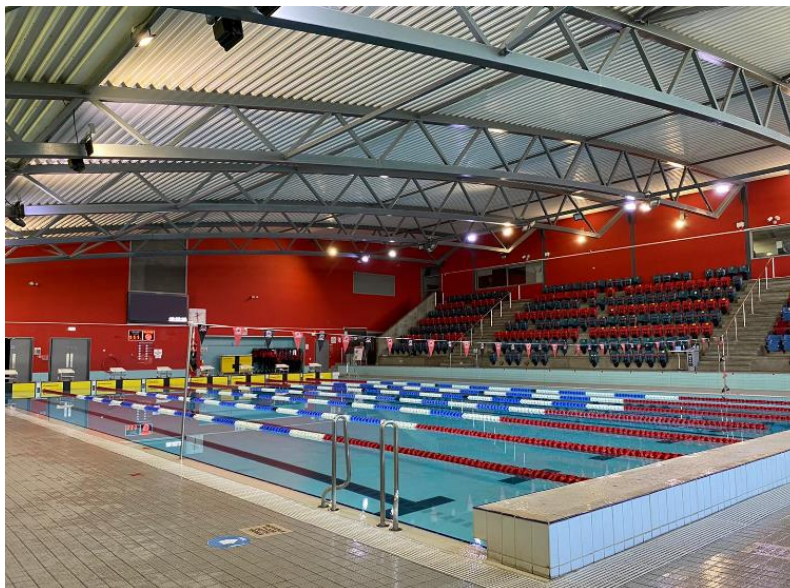
present to you their

Regional Qualifier 2022

Level 3 Open Meet under Swim England Regulations and Technical Rules of Swimming
Licenced by Swim England for entry into County and Regional Championships under licence number:
3EM220151

Saturday 26th & Sunday 27th March 2022

Venue: Pingles Leisure Centre, Avenue Road, Nuneaton CV11 4LX



50m, 100m, and 200m All Strokes & 400m & 400m IM & 800m Free

Age Groups 10yrs, 11/12yrs, 13/14yrs & 15yrs & Over
Medals Top 3 in each event and age group (All heat Declared Winners)

Promoter: Leicester Sharks CSC regionalqualifier@gmail.com

COVID19 Rules and Regulations: LSCSC will be hosting this Open Meet in line with the Government and Swim England advice, and will be updated accordingly as things progress

Leicester Sharks CSC are working with Everyone Active and the team at Pingles Leisure to ensure that our event can operate safely and in compliance with any social distancing guidance in place at the time of the event, as such details related to such guidance will be posted to our website prior to the event. It is the responsibility of the individuals attending to ensure that they have seen any such guidance.

1. A Covid Lead has been appointed for this competition and there will be a team of Covid Liaison Officers present at the competition, in order to ensure compliance with social distancing guidelines in place at the time of the competition.
2. This competition is being planned on the assumption that some social distancing measures will remain in place at the time of the competition for indoor activities deemed to be high risk such as swimming competitions.
3. If it becomes clear before the event that any such restrictions are removed, relaxed or tightened, then these conditions may alter between the time of issue and the event taking place. Any such revisions will be published on the website.
4. Leicester Sharks reserve the right to cancel this competition if it is unable to proceed due to changes in government legislation and/or guidance.
5. A Covid-19 risk assessment, which will be an evolving document as the situation changes, will be agreed with the pool operator.
6. Detailed briefing instructions will be issued to everyone attending this meet. It will be the responsibility of the attending club coordinator to obtain the necessary declarations and ensure each athlete is safe and free from COVID and or symptoms. Any element of doubt then the athlete is not to attend.
7. It is recommended that due to the nature of current circumstances, nobody commits to non-refundable travel or accommodation. The promoter will not be responsible for any losses, regardless of circumstances or cause.
8. By entering this competition, or the purchase of a coaches/team managers/chaperones pass, competitors and their supports agree that they will always follow the instructions of the Covid-19 team. Failure to do so may result in the removal from the premises and competition.
9. In addition to 8 above, it is a condition of attending this meet, that anyone showing symptoms of Covid-19 or signs of illness do not attend the competition. Anyone showing symptoms/signs will be escorted to a separate area to be isolated from others.
10. Clubs will be required to submit a list of those coaches/chaperones/team managers to the promoter 1 week before the competition. Clubs will be responsible to keeping a register of members of their club present at each session in the event that this information is required for track and trace purposes.

Meet Conditions

1. The competition will be held under Swim England Regulations and Technical Rules of Swimming.
2. A swimmer taking part shall be
 - a) Eligible according to Swim England
 - b) Category 2 members of Swim England on the Competition Entry closing date.
 - c) A minimum of 10 years old for this competition.
3. Heats will be seeded and spearheaded according to submitted entry times which will be converted to 25m pool times if necessary.
4. Upper and lower limit Qualifying Times apply for this competition. (See times below). The promoter reserves the right to accept or reject entries on the basis of Qualifying Times. In order for the event to run smoothly entries may be restricted. Any entry not accepted due to a restriction on numbers being imposed by the promoter, will have their entry fee refunded in full.
5. Entry times must be achieved in a licensed meet at Level 1, 2, 3 or 4 after 1st January 2020.
6. 400 IM** event for both Male and Female will be capped at three heats maximum (24 competitors in total).
7. *800m Free 1 heat (first come first served) to be a mixed heat swam with both male & Female * Time Only Event*
8. Acceptance of entries and eligibility of awards is subject to the rules of the competition and at the discretion of Leicester Sharks Competitive Swimming Club.
9. The number of entries accepted will be subject to any Covid-19 restrictions in place at the time.
10. Those swimmers in possession of a Swim England Certificate of Swimming Disability or those swimmers whose membership details record a disability Sport Class are welcome to enter the competition. Entry times will be taken from the British Swimming Rankings. Personal care attendants for swimmers who require them are not required to pay for an additional Poolside Pass.
11. A secondary strobe is not available for this meet
12. **Age at –31/12/2022 (midnight)**
13. Awards will be given to the fastest three swimmers in each age group category. Separate awards will be made to disability swimmers.
14. There is limited space available on poolside for swimmers; therefore swimmers will be stewarded in the crèche (call room) before races. Swimmers must wear appropriate footwear/top.
15. Competitors are requested to use the lockers provided in the changing rooms for all large bags and **to only bring small bags poolside**, you will be asked to remove large bags. Air vents to be kept clear.
16. Coaches and Team Managers are to ensure all swimmers behave appropriately whilst poolside. It is the member's clubs responsibility to make sure each swimmer has reached the standard of Swim England Competitive Start Award. It is the responsibility of the Team Managers and Coaches to ensure that their competitors report to the stewards in time for the start of their race.
17. To ensure a safe environment for all our swimmers, including those with nut allergies, we require the Open Meet to be a nut-free event, both poolside and also spectating areas.
18. Swimmers will not be allowed on the balcony with bare feet and if dripping wet. Please encourage swimmers to remain on poolside during sessions so that designated Team Managers know where they are.
19. The electronic scoreboard shows provisional results only. The final positions and times will be shown on the results sheet which will be made available during the open meet and online using the sportssystem link.
20. Anti-wave ropes will be used in an eight-lane, 25m pool.
21. ARES Electronic timing will be used with Sport Sys Meet management software.

22. Electronic entries only - £7.00 per event via the Sport Sys Entry Manager file. Electronic entry files are to be emailed to regionalqualifier@gmail.com, the entry file and full details of how to enter electronically are provided on the club website, www.leicestersharks.co.uk. In the event of the meet being oversubscribed entries will be prioritised based on file submission date received. The organiser reserves the right to restrict entries to ensure there is sufficient time between each session and that the Licensed Meet time restrictions are adhered to.
23. Entry fees to be paid directly to our bank account:
HSBC Sort Code **40-12-35**; Account number **41431765** Reference (**your club name or surname**) **LSRQ 2022**.
24. The accepted entries list and rejection list, if applicable, will be published after the closing date or when the meet is deemed to be full. Any errors must be notified by the date given on publication of the accepted entries list, no amendments will be made after this date. Refunds will not be given once the accepted list is published. Any times achieved after the closing date will not be accepted. Withdrawals may be made prior to the competition by emailing regionalqualifier@gmail.com
25. **Withdrawals** - All withdrawals must be submitted online via the form from the website and by 6pm on the day prior to the event – (18:00hrs 25th March 2022).
<https://uk.teamunify.com/team/emrlssc/page/open-meets/2022-regional-qualifier>
26. A medical withdrawal (including positive COVID19 test withdrawal) must be submitted to sharkswithdrawal@gmail.com by 6pm on the day prior to the event – (18:00hrs 25th March 2022).
Please use the form noted above.
27. The promoter reserves the right to withdraw any swimmer for failure to comply with COVID19 process requirements or meet conditions.
28. The promoter cannot accept any responsibility for a withdrawal that has not been submitted using the correct procedures.
29. Withdrawals once actioned for either heat and or finals cannot be reinstated unless an error by the admin team.
30. **POOLSIDE PASSES** – £10 per day per person. Refreshments may be provided subject to COVID restrictions, it is expected at the time of writing no food will be provided. Passes must be purchased in advance and will not be allowed on the day.
All coaches/Team Managers applying for poolside accreditation must be listed on their club's OMS register with the relevant DBS and safeguarding information along with an appropriate qualification. Failure to comply with this may result in poolside accreditation not being available to purchase.
31. **OFFICIALS** – We request that clubs provide a minimum of 3 licenced officials or 2 per 10 swimmers per session. Visiting clubs are requested to supply officials with a minimum Qualification of J1, and at least 1 J2 per session to ensure the meet can run effectively and efficiently to the licence criteria. We are only able to provide poolside experience for trainee officials if we have sufficient officials to run the meet in accordance with the licensing conditions. Please email Officials/Helpers form at the end of the pack to regionalqualifier@gmail.com with the names of your officials and their qualification and your trainee requirements for consideration.
Refreshments and expenses are available for all sessions.
32. **TEAM MANAGERS/Coaches**– With reference to the most recent guidance from the NSPCC/CPSU safe sports events and in conjunction with Wave power issued by Swim England, we require the following compliance.
10yrs and under Coach 1:8 Team Manager 1:16
18yrs to 11yrs Coach 1:10 Team Manager 1:20
The Team Manager should (which means must) have completed Team Manager 1, the coach cannot be a Team Manager as well.
It is the responsibility of Team Managers to ensure swimmers report for their races in good time and report any injury or incident to the pool staff and Promoter.
DBS Numbers may be requested.
33. No responsibility for loss or damage to personal property will be accepted by the organisers, promoter or the pool management.

34. Anything not covered by the above will be acted upon at the discretion of the Promoter, errors and omissions excepted.
35. If it is deemed necessary to cancel the entire event, the only claim that can be made will be the entry fee paid per individual. Should part of the event be cancelled then a refund will only be made for events that are cancelled.
36. Spectators may be limited to this event. Should spectating be in place it will be a ticket only event and must be purchased in advance. Notice will be sent to the participating clubs no less than 2 weeks before the event.
37. Anything not covered by these conditions shall be decided by the promoter and subject to change in accordance to COVID 19 guidelines issued by Swim England, the Government or pool operator.

Closing date - Sunday 27th February 2022 (midnight)
Or when the meet is full (first come, first served)

Programme of Events

Saturday 26th March 2022

Session 1 – Warm up 13.30pm	
101	Male 400 I.M
102	Female 200 I.M
103	Male 100 Back
104	Female 200 Back
105	Male 200 Breast
106	Female 100 Fly
107	Male 50 Free
108	Female 50 Breast

Session 2	
209	Male 200 Free
210	Female 400 Free
211	Male 100 Breast
212	Female 50 Fly
213	Male 200 Fly
214	Female 100 Free
215	Male 50 Back

Sunday 27th March 2022

Session 3 – Warm up 08.00am	
316	Female 400 I.M
317	Male 200 I.M
318	Female 100 Back
319	Male 200 Back
320	Female 200 Breast
321	Male 100 Fly
322	Female 50 Free
323	Male 50 Breast
323a	Mixed 800 Free

Session 4	
424	Female 200 Free
425	Male 400 Free
426	Female 100 Breast
427	Male 50 Fly
428	Female 200 Fly
429	Male 100 Free
430	Female 50 Back

*400 IM** event for both Male and Female will be capped at three heats maximum (24 competitors in total)*

*800M 1 heat to be a mixed heat swam with both male & Female *(first come first served)*

Full Programme and timings will be confirmed once all entries accepted

Leicester Sharks Regional Qualifier 2022

Qualification Times

Event	Male Lower Times				Male Upper Times			
	10yrs	11/12yrs	13/14yrs	15yrs +	10yrs	11/12yrs	13/14yrs	15yrs +
50m Freestyle	44	42.9	37.4	30.6	30.3	27.2	25.9	23.5
100m Freestyle	1.38.5	1.29.2	1.22.3	1.08.1	1.05.03	57.9	54.8	51.5
200m Freestyle	3.24.0	3.14.8	2.45.6	2.22.5	2.14.1	2.03.1	2.01.1	1.52.2
400m Freestyle	5.30.0	5.30.0	5.30.0	5.00.0	4.52.2	4.18.0	4.15.2	4.05.5
50m Breaststroke	55.9	52.7	45.1	40.2	38.2	34.1	32.8	30.1
100m Breaststroke	2.06.0	1.54.7	1.39.1	1.29.2	1.20.9	1.13.3	1.10.3	1.05.2
200m Breaststroke	4.16.8	4.05.4	3.29.0	3.07.7	3.01.6	2.35.7	2.32.7	2.20.3
50m Butterfly	48.2	44.7	41.2	34.6	32.5	29.6	28	26.5
100m Butterfly	1.54.2	1.38.4	1.26.4	1.16.0	1.13.1	1.02.7	1.01.0	58.2
200m Butterfly	3.52.2	3.33.1	3.08.7	2.45.8	2.41.0	2.18.2	2.15.2	2.10.1
50m Backstroke	49.2	46.4	41.2	35.8	33.2	31.3	29.8	28.1
100m Backstroke	1.48.9	1.37.6	1.27.1	1.17.1	1.10.8	1.04.5	1.01.1	58.4
200m Backstroke	3.46.1	3.29.9	3.02.5	2.44.6	2.31.0	2.14.8	2.12.1	2.07.3
200m Ind. Medley	3.50.9	3.31.6	3.13.4	2.46.4	2.34.1	2.17.6	2.15.8	2.12.2
400m Ind. Medley		6.30.0	6.10.1	5.50.5		4.51.2	4.45.1	4.39.10

Event	Female Lower Times				Female Upper Times			
	10yrs	11/12yrs	13/14yrs	15yrs +	10yrs	11/12yrs	13/14yrs	15yrs +
50m Freestyle	44.9	40.3	37.4	35.9	31.6	27.8	27.5	27.1
100m Freestyle	1.37.7	1.27.7	1.21.3	1.15.2	1.09.5	1.00.2	59.2	58
200m Freestyle	3.25.7	3.19.7	2.58.8	2.44.1	2.21.0	2.07.0	2.06.1	2.05.4
400m Freestyle	5.40.0	5.40.0	5.40.0	5.20.0	5.02.00	4.25.4	4.23.2	4.21.4
50m Breaststroke	55.4	53.4	46.1	43.3	40.2	34.9	34.5	34
100m Breaststroke	2.01.9	1.51.9	1.39.5	1.34.3	1.24.1	1.14.2	1.13.0	1.12.9
200m Breaststroke	4.16.1	4.06.1	3.28.6	3.20.8	3.01.2	2.39.8	2.35.4	2.37.3
50m Butterfly	48.2	45.1	41.5	37.1	34	31.3	29.6	28.2
100m Butterfly	1.47.9	1.37.9	1.28.9	1.22.2	1.15.8	1.06.4	1.04.9	1.03.6
200m Butterfly	3.54.3	3.34.3	3.17.0	2.58.3	2.46.0	2.34.3	2.21.2	2.17.5
50m Backstroke	48.3	46.3	41.7	40.7	35.1	33.3	31	30.9
100m Backstroke	1.44.1	1.38.1	1.28.3	1.24.4	1.12.6	1.08.9	1.05.1	1.04.6
200m Backstroke	3.36.7	3.26.7	3.10.3	2.59.9	2.36.1	2.26.7	2.19.2	2.17.9
200m Ind. Medley	3.48.1	3.41.1	3.15.6	2.59.9	2.38.4	2.32.2	2.22.2	2.18.6
400m Ind. Medley		6.40.0	6.20.0	6.00.0		4.59.9	4.57.8	4.52.2

Electronic Entry Form Submission

Please remember to include a copy of the entry sheet summary from Sportsystems

PLEASE COMPLETE IN BLOCK CAPITALS

Swimming Club	
Contact Name	
Address	
Telephone (Day)	
Telephone (Eve)	
Mobile	
Email	

No. of boy swimmers		Total No. of boy events	
No. of girl swimmers		Total No. of girl events	
Total No. of swimmers		Total No. of events	

Payment Details

Total Number of Events	Cost per Event	Total
	£7.00	
Poolside Pass	£10.00 per person per day	
	Amount Due	£

Bank Transfer to HSBC, Sort code 401235, Account 41431765

Do not forget to enclose a print out of your entries which can be done via the entry manager software

I declare that all above details are correct and that the submitted swimmers are eligible to compete in accordance with Swim England Regulations and that I accept the meet rules and conditions

Team Manager

Signature

Return to: Leicester Sharks Competitive Swimming Club c/o 61 Somerfield Way, Leicester Forest East, LEICS LE3 3LX

Closing Date: Sunday 27th February 2022 (midnight) or when the meet is full (first come, first served)

